

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Physical Activity New York State Adults 2007

Introduction

Large numbers of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. There is evidence that accumulating 30 minutes per day of moderate to vigorous physical activity can reduce risk of heart disease¹, type 2 diabetes², osteoporosis³, depression⁴, obesity⁵, and some cancers. The activity can be accumulated in 10-minute bouts, and the benefits increase with additional activity.⁶

BRFSS Questions

Leisure-time physical activity

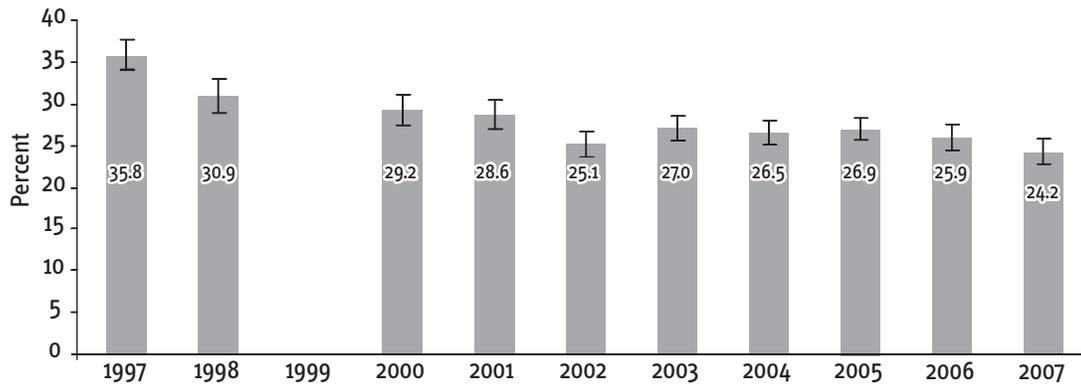
1. *During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?*

Physical activity

We are interested in two types of physical activity—vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

1. *Now, thinking about the moderate activities you do [when you are not working] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?*
2. *How many days per week do you do these moderate activities for at least 10 minutes at a time?*
3. *On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?*
4. *Now, thinking about the vigorous activities you do [when you are not working] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?*
5. *On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?*

Leisure-time physical inactivity* among New York State adults, by BRFSS survey year



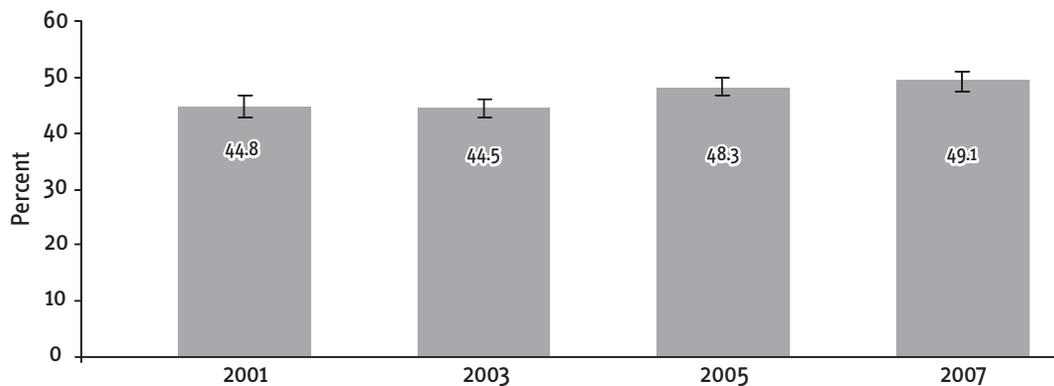
* Other than regular job, no participation during the past month in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise.

Note: Data on leisure-time physical inactivity not collected in 1999 New York BRFSS.

Note: Error bars represent 95% confidence intervals.

Note: Percentages are age-adjusted to 2000 US census population.

Met recommended level for physical activity,* New York State adults, by BRFSS survey year



* Met either the moderate- or vigorous-intensity level.

Note: Data on physical activity not collected in 2002, 2004, or 2006 New York BRFSS.

Note: Error bars represent 95% confidence intervals.

Note: Percentages are age-adjusted to 2000 US census population.

Participation in levels of physical activity among New York State adults: 2007 BRFSS

	Physical activity levels ^a							
	No LTPA ^b		Moderate ^c		Vigorous ^d		Recommended ^e	
	% 95	% CI	% 95	% CI	% 95	% CI	% 95	% CI
New York State (NYS) [n = 6,525]	24.4	22.9-27.8	37.1	35.4-38.7	27.5	25.9-29.1	48.9	47.2-50.6
Sex								
Male	21.3	19.1-23.7	37.2	34.6-39.9	31.8	29.3-34.5	51.5	48.7-54.3
Female	27.2	25.4-29.1	36.9	34.9-39.0	23.6	21.7-25.5	46.6	44.4-48.7
Age (years)								
18-24	21.2	15.7-27.9	35.6	28.9-43.0	37.3	30.6-44.6	52.8	45.3-60.2
25-34	19.7	15.9-24.2	40.7	35.9-45.7	36.8	32.0-41.8	56.5	51.3-61.4
35-44	21.6	18.8-24.8	37.9	34.4-41.6	29.9	26.7-33.4	50.5	46.7-54.3
45-54	25.9	23.2-28.8	37.4	34.4-40.4	26.0	23.3-28.8	47.5	44.4-50.7
55-64	25.1	22.3-28.1	36.6	33.4-39.9	22.8	20.0-25.8	46.9	43.5-50.4
≥65	32.1	29.5-34.8	33.5	30.8-36.3	14.4	12.5-16.4	39.9	37.1-42.8
Race/ethnicity								
White, non-Hispanic	20.7	19.4-22.1	41.3	39.6-43.1	29.1	27.4-30.8	52.0	50.3-53.8
Black, non-Hispanic	26.5	22.2-31.4	25.9	21.3-31.1	24.4	19.6-29.9	41.2	35.6-47.0
Hispanic	37.7	32.4-43.3	29.7	24.8-35.0	25.3	20.4-30.9	42.4	36.7-48.3
Other, non-Hispanic	22.0	16.7-28.4	35.9	28.9-43.5	24.5	18.9-31.2	49.1	41.8-56.4
Annual household income								
<\$15,000	37.3	31.3-43.7	29.0	23.4-35.4	13.2	9.4-18.3	33.2	27.3-39.7
\$15,000-\$24,999	37.7	33.1-42.4	32.2	27.6-37.1	21.5	17.5-26.1	44.2	39.1-49.3
\$25,000-\$34,999	27.9	23.6-32.6	34.2	29.4-39.3	21.4	16.9-26.6	44.6	39.2-50.2
\$35,000-\$49,999	23.8	20.0-28.0	41.7	37.0-46.6	28.2	23.9-32.9	50.6	45.8-55.4
≥\$50,000	15.9	14.2-17.8	40.9	38.5-43.3	34.1	31.8-36.6	54.9	52.5-57.4
Missing	27.2	23.3-31.7	32.2	27.6-37.1	24.4	20.1-29.3	45.0	39.8-50.3
Education								
Less than high school	44.6	38.7-50.7	29.4	23.8-35.7	15.9	12.0-20.8	36.2	30.2-42.6
High school or GED	29.7	27.0-32.6	33.7	30.7-36.8	23.7	20.9-26.7	44.4	41.1-47.7
Some post-high school	21.4	18.8-24.2	39.1	35.7-42.6	30.9	27.4-34.5	52.1	48.5-55.7
College graduate	15.9	14.0-17.9	40.5	38.0-43.1	31.4	29.1-33.9	53.9	51.3-56.5
Weight Status								
Obese	32.7	29.7-35.8	31.9	28.7-35.2	20.9	18.2-23.9	41.6	38.2-45.0
Overweight	21.2	18.9-23.6	36.0	33.3-38.8	30.6	27.9-33.5	50.1	47.1-53.1
Neither overweight nor obese	20.2	17.8-22.7	42.5	39.7-45.4	30.5	27.9-33.3	54.1	51.2-57.1
Region								
New York City (NYC)	28.4	25.5-31.5	33.4	30.3-36.7	25.0	22.1-28.2	47.1	43.7-50.6
NYS exclusive of NYC	22.3	20.8-23.9	38.8	37.0-40.8	28.7	26.9-30.5	49.8	47.8-51.8

^a Reported measures of physical activity are not mutually exclusive. Rows do not sum to 100 percent.

^b No LTPA = No leisure-time physical activity during the past month.

^c Moderate-intensity physical activity outside of work, 30 minutes or more a day at least 5 days a week.

^d Vigorous-intensity physical activity outside of work, 20 minutes or more a day at least 3 days a week.

^e Met either the moderate or vigorous criteria.

^f % = weighted percentage; CI = confidence interval

References

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6. Physical Activity Guidelines Advisory Committee. *Physical Activity Guidelines Advisory Committee Report*, 2008. Washington, DC: U.S. Department of Health and Human Services, 2008.

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